



Pick a better snack (PABS) & Act

Youth: Kindergarten, 1st, 2nd and 3rd Grade Classrooms

Description: PABS & Act is an evidence-based program consisting of eight lessons taught monthly throughout the school year. Lessons focus on helping children try different kinds and eat more fruits and vegetables. Each lesson consists of three key elements: nutrition education, a food tasting of a fruit and/or vegetable, and a “JAMmin’ Minute” for physical activity.

Goal: To teach participants why it’s important to eat a wide variety of fruits and vegetables, to enable them to make healthier food choices, and to be more physically active.

Program Highlights:

- Instruction by a trained nutrition professional
- A well-rounded health education curriculum
- Food tastings for all students in the classroom
- Additional lessons and books for classroom teachers, e.g., *The Monster Health Book*, *Grapes of Math*, *Magic School Bus Human Body*, *Fruit is a Suitcase of Seeds*, *The Vegetables We Eat* and *The Milk Makers*
- Alignment with the Maine Learning Results for Health Education and Physical Education
- Newsletters, fact sheets, and bingo cards for families to learn more and practice healthy eating at home

Topics:

- Varying fruit & vegetable intake
- Choosing healthy snacks
- Increasing physical activity

For More Information contact your local Healthy Maine Partnership or contact Maine SNAP-Ed at 207-221-4560 or Mainesnap-ed@une.edu